

- A. size of class.
- b. compensation for overtime work.
6. Gym & Playground costumes.
7. Athletics
  - a. intramural.
  - b. length of pract. periods & interschool terms
  - c. " " schedules
  - d. schedule making.
  - e. eligibility.
  - f. interscholastic ath. & girls.
8. Common use of P.E. facilities.
  - a. gym.
  - b. pool
  - c. play fields.

- 4/ Director is consultant & division heads.
- 5/ " must carry out general school policies - serve for supt.
- 6/ D. has charge of selecting staff members own judg. & exper. traits rec' accord- to Shannon - ① sympathy, ② self-control, ③ enthusiasm ④ stimulative power ⑤ earnestness - fair ° of motor skill - use of spoken Eng - written data placed on file.
- 7/ Salary Schedules - diff. ones - some increase annually or bi - others acc. 2 training, exp. specialization, prof. progress, etc - should be flexible.
- 8/ Attendance at dept mental meeting everybody should participate.
- 9/ D. is respon. for the profess. growth staff - summer schools, reading



- of new books & mag. extension courses, etc.
  - 10/ Faculty rec' imp.
  - 11/ Publicity - enlist comm. supp.
  - 12/ D. Should set standards & office routine.
- Line off - resp. 2 one above him Staff Off - works  
everywhere along line.

- 13/ preparation of D. year or 2 in grad school -  
major in special field.

The Function of Supervision - involves:-

1. preparing & revising course of study.
  2. exam. new materials & equip.
  3. dem. new sub. matter & new methods of teach.
  4. conferring with teachers.
  5. conducting " meetings & improv-  
ment of instruction.
  6. Visiting classrooms. gym, etc.
  7. est. standards of achievement.
1. supervisor should co-operate w. building  
princ. - give spec. aid, etc.
  2. supervision of spec' teachers - in larger cities
  3. " " classroom "
  4. qualities of supervisor - sympathetic,  
imagination - friendly - respect & personalities  
of others - speed w/out being in a hurry -  
when proposing changes consider old  
prejudices - give credit 2 those who do job.
  5. Transportation of visor.
  6. S'visor files monthly report w D. - also  
has conferences.
  7. S'visor have B.A - major in Health,



## Responsibility of Teacher of P.E.

1. T. Load - pupil 2 teacher - 25'

no. of class taught daily - 5

" " stud. hrs. per teach - 150

" " " per class - 25'

2. Then teachers for 2<sup>nd</sup> any school. Girls -  
uncovered - need women for girls on account  
of sex. - showers & d. room & vision, exercises  
during menstrual period.

3 Preparation of spec. teachers.

Success judged by:-

1. Attention to indiv. needs.

2. Discipline.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

## Preparation of Classroom Teachers -

4-6 semester hrs. of study in H & P.E.  
for all those attending normal schools.



## Ventilation and Housing. L. Aughton

● Causes of discomfort in a closed Room - Unless the air about us is just right we are uncomfortable. Comfort and health are dependent upon the capacity of the atmospheric environment to cool the body, rather than upon its capacity to dispose of the gaseous products given off by skin and lungs. Physical discomfort in a crowded room is due to the increase in humidity and heat, and to stagnation of air. Very few bacteria are

● carried by the air unless it is laden with dust. Finely powdered chalk and similar dusts, however, may have an irritating action on the mucous membranes, and thereby render the individual more susceptible to colds and other infectious diseases.

Physical effects of external atmospheric conditions - The mucous lining of the nose and the upper part of the throat respond most actively to the air inhaled. When the body is hot is hot and the air is also hot, the moist mucous membranes become congested with the blood trying ineffectually to cool itself; when the air is too cold and dry, the mucous membranes give off a watery fluid; but when the air is comfortably cool, moist, and fresh, the membranes are



contracted and cool, and the <sup>air</sup> goes back and forth through the passages, <sup>without</sup> obstruction.

Relation of ventilation to disease. Poor ventilation in our modern homes may be the cause of a great deal of disease, or rather, of lack of vigor. It is necessary in a city to have fresh air to bathe the mucous membranes of the nose and throat which have been subjected to so much irritation during the day.

### Ideal Conditions

Air most conducive to comfort and health has a temperature of about  $60^{\circ}$ - $70^{\circ}$  F., a relative humidity of about 40%-60%, is kept moving, some in slow currents, and is free from dust and impurities. The air of a room may be kept in motion by an electric fan.

### Artificial Ventilation.

The good, old-fashioned method of letting air come directly from the outside through the windows proves more effective for an artificial means of ventilation. Windows should be kept partly open all the time, and at least once an hr. they should be fully opened and the entire room flooded with fresh air. The air can so quickly become stagnant, overheated, or too moist, without a person's knowing it until after it has had a bad effect upon the body, that no precautions should be omitted.

Foundations of Health -

Rathbone - Bacon - Keene.



Dec. 4/40

## The Care of the Skin. L. Creighton.

In the dermis of the skin there are multitudes of small branching blood vessels called capillaries, through which the outgoing blood from the arteries must pass to get to the veins, which carry it back to the heart. It is in these small branches, where the vessel walls are very thin, that the food and oxygen which is carried by the blood filters through to feed our cells. In order to feed our skin well, we need to take some form of exercise that will bring a rich supply of blood to the surface of the body. Running, massaging, shower baths, and brisk vigorous rub-downs all help to exercise the skin and give it a healthy glow. The blood cannot properly nourish the skin cells unless it is supplied with food materials that are essential to the health of the skin.

There is in the protoplasm of every living cell a very small amount of a substance that is known to be necessary to aid the cell in absorbing its food from the liquids that surround it. In the animal body this substance is known as ergosterol. Ergosterol when slightly changed by certain rays of sunlight becomes vitamin D, without which we cannot build either bones or teeth. It is well, for all people in temperate climates to take fish-liver oil in some form to supply this



much needed vitamin during the winter months. This is especially applicable to young people, who are building bones and teeth. This subject will be.

Health and Achievement.  
- Cockefair and Cockefair.



Child Welfare.

Pre-natal-

1. Birth of living infants - less  $\frac{1}{2}$  %.
2. Delivered infants 20% under 7 mos - 20% over 7 mos.
3.  $2\frac{1}{2}$  % times general rate mortality of mothers of twins.
4. Abortions causative or associated factor of
5. "  $\frac{1}{3}$  of unmarried mother -  $\frac{1}{3}$  of those married.
6. adequate pre-natal care
7.  $\frac{4}{5}$  of delivered cases died in hospitals.  $\frac{1}{5}$  died there after " outside
8.  $\frac{1}{2}$  - trouble during pregnancy - toxemias, malpositions, abnormal pelvis.
9. 30% illnesses previous to pregnancy.
10.  $\frac{1}{2}$  - operative interference.

During pregnancy nutrient depends on blood of mother. Good health & phy. condition.

Imp Factor -

1. freedom from worry.
2. cheerful surroundings
3. Ex.
4. Sunshine & fresh air.
5. nourishing food.

Food -

1. fruit, cereal, milk, veg. small quantity of meat & fish & egg.
2. Butter, olive oil or peanut butter " " "
3. Avoid eating between meals as tea, coffee, spices, pickles, alcohol, etc.

Fluids -

Bowels, Skin & Kidneys.

Bowels, Skin & Kidneys.  
Faction of 3 R must be regular.



1 normal bowel movt daily. Constipation by  
bran, stew prunes & figs.

2 sufficient fluid.

3. Abdom. ex & massage.

5/ Bath -

hot by cold with brisk rub.

" 1 or 2 times per week.

6/ Teeth -

Decay frequent. Dentist regularly.  $\frac{1}{2}$  a  
raw apple after meals cleans & protects.

7/ Care of Hair -

Brushed combed nightly & morning.

Washed fortnightly.

8/ Care of Breast - <sup>To do this</sup>

nurse baby - Care during pregnancy.

9/ Clothing -

Loose, clean & comfortable. No corsets,  
suspenders instead of garters. Low heels.

10/ Early Morning Sickness

Nausea - etc. Min. by above rules.

11/ Work -

modern housework with w. open windows.

12/ Ex & Rest

Daily walk followed by rest (in air)

Special ex for mus of body regularly.

Danger Signals -

Persistent constipation Swelling of  
hands & feet. Sight blurred. Constant  
headaches - Abdom. pain or loss of blood.



Abortion - 64 4<sup>th</sup> mo.  
Miscarriage - 64 4<sup>th</sup> & 6<sup>th</sup> mos.  
Premature labor - 64 full term.

II Hemorrhage - 2 causes.

1. placenta previa
  2. premature separation of normally situated placenta. - later part of preg. or at early labour.
- Painless Hem. Follows ab. or miscarriage.

III Toxemia

Series of vomiting & convulsions. Due to inability of mother to get rid of waste produced by foetus in maternal blood.

IV Care of Child after Birth.

A Feeding - Nursing. Effort by mother. Regular. 5 times a day. After 1 mo. other foods added. After nine - egg, fruit juices.

B Sleeping -

Bed - own from beg. lined. Soft mattress. No pillows, pad, etc over mattress.

C Bathing

Daily Bath - 1<sup>st</sup> only sponge til cord falls off. Water 100°F. water tested. Soap head & rinse. Lint next. In creases.

Clothing

Simple - easily washed. free from d.

Protection from Disease.

Vaccinated by smallpox after 3 mos. after 12 mos. dith. test.

Some essentials.

Birth exp. Nursing best way of feeding. Regular good med. care. Regular habits & care of baby. Clean & dry always. Chances of illness few. Adequate sleep, sunshine & fresh air.